The surge in protests during 2020 pushed political protests to the forefront of the public's attention. As a result, questions concerning the legal boundaries of First Amendment protections of political protest arose. Prior research concerning the First Amendment has largely focused on U.S. Supreme Court precedent and special topics. Using an online legal database, cases from the U.S. Supreme Court and U.S. Circuit Courts of Appeals were examined to elucidate underlying themes and restrictions. Similar protest topics like civil rights, anti-abortion, and national policy concerns were observed in both courts. Time, place, and manner restrictions were heavily emphasized in these cases. Implications, policy recommendations, and future research topics are also discussed.